



Anxiety & Depression Management

Dark thoughts got you down?

Are you stressed out?

Do you feel hopeless?

Would you like to feel happy and peaceful?

Come join us!



ROAD TO WELLNESS

A 12-WEEK GROUP
ON LEARNING HOW TO MANAGE
YOUR THOUGHTS AND FEELINGS

Join us in a FREE educational support group to learn how to feel more peaceful, relaxed, and content.

Pizza will be provided!!!

A new group will be starting soon so:

Call Theo at 916-408-6946 or register online at
<http://lighthousefrc.org/classgroup-registration>

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LIGHTHOUSE COUNSELING & FAMILY RESOURCE CENTER

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